

CORRECTED COPY

ALARACT 279/2010

DTG: P 030836Z SEP 10

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER
ON BEHALF OF DA WASHINGTON DC//DAMO-CSF//

SUBJECT: HQDA EXORD 312-10 COMPREHENSIVE SOLDIER FITNESS MASTER
RESILIENCE TRAINER COURSE -20 SEP -30 SEP 2010 (FY10)

UNCLASSIFIED//

NARR/(U). THIS ALARACT MESSAGE IS RELEASED ON BEHALF OF THE
COMPREHENSIVE SOLDIER FITNESS MASTER RESILIENCE TRAINER PROGRAM
(FY10).//

REFERENCES:

A. ALARACT: HQDA EXORD 010-10 COMPREHENSIVE SOLDIER FITNESS MASTER
RESILIENCE TRAINER PROGRAM (FY10), 090916Z NOVEMBER 09.//

B. ALARACT 097/2010 -COMPREHENSIVE SOLDIER FITNESS EXECUTION ORDER,
061547Z APR 10.

C. ANNEX V (COMPREHENSIVE SOLDIER FITNESS) TO THE 2010 ARMY CAMPAIGN
PLAN, DTD 23 APRIL 2010.//

D. ALARACT 192/2010, MOD 1 TO ALARACT (097/2010) COMPREHENSIVE SOLDIER
FITNESS EXECUTION ORDER, 260256Z JUN 10

1. (U) SITUATION.

1.A. THIS IS AN EXECUTION ORDER.

1.B. THE COMPREHENSIVE SOLDIER FITNESS DIRECTORATE (DAMO-CSF) WILL
CONDUCT A MASTER RESILIENCE TRAINER (MRT) TRAINING COURSE FROM 20 SEP
-30 SEP 2010. THIS EXORD DIRECTS THE ATTENDANCE FOR THE JULY 2010 MRT
TRAINING COURSE IN ORDER TO CONTINUE TO MEET THE CSA'S INTENT TO FIELD
THE ARMY WITH SPECIALLY SKILLED AND QUALIFIED TRAINERS TO TEACH,
COACH, AND MENTOR RESILIENCE.

2. (U) MISSION. HEADQUARTERS, DEPARTMENT OF THE ARMY (HQDA), DCS G3/
5/7, COMPREHENSIVE SOLDIER FITNESS DIRECTORATE CONDUCTS THE MRT
COURSE FROM 20 SEP -30 SEP 2010, AT THE UNIVERSITY OF PENNSYLVANIA
(UPENN), IN ORDER TO PREPARE ARMY LEADERS TO IMPLEMENT AND SUPPORT THE
COMPREHENSIVE SOLDIER FITNESS PROGRAM.

3. (U) EXECUTION.

3.A. INTENT.

3.A.1. ENDSTATE. THIS EXORD SUPPORTS THE CSF INITIATIVE TO ACCOMPLISH
ITS PHASE 2 (EXECUTE THE CSF ACTION PLANS (SOLDIER, FAMILY, AND ARMY
CIVILIAN)) OBJECTIVES.

3.A.2. KEY TASK. PROVIDE THE ARMY WITH MRT QUALIFIED LEADERS.

3.B. CONCEPT OF THE OPERATION. THIS EXECUTION ORDER DIRECTS COMMANDS

TO SUPPORT THE DEVELOPMENT AND EMPLOYMENT OF MRTS. COMPLETION OF THESE TASKS SUPPORTS THE CSF INITIATIVE IN ACCOMPLISHING ITS PHASE 2 OBJECTIVES.

3.C. TASKS TO ARMY COMMANDS (ACOMS), ARMY SERVICE COMPONENT COMMANDS (ASCC), DIRECT REPORTING UNITS (DRUS), AND DIRECTOR, ARMY NATIONAL GUARD (DARNG).

3.C.1. ARMY COMMANDS (ACOMS)

3.C.1.A. U.S. ARMY TRAINING AND DOCTRINE COMMAND (TRADOC).

3.C.1.A.1. PROVIDE THE FOLLOWING SOLDIER TO SERVE AS A TRAINER IN SUPPORT OF THE MRT COURSE AT UPENN: ALLEN, KEITH, SSG, LAST FOUR: 0658, VICTORY UNIVERSITY, FT JACKSON, SC.

3.C.1.A.2. PROVIDE THE FOLLOWING INDIVIDUALS TO SERVE AS FACILITATORS IN SUPPORT OF THE MRT COURSE AT UPENN:

3.C.1.A.2.A. MS. WELCH, MELISSA, LAST FOUR: 7526, VICTORY UNIVERSITY, FT JACKSON, SC.

3.C.1.A.2.B. MR. KRUMNOW, KEVIN, LAST FOUR: 9516, VICTORY UNIVERSITY, FT JACKSON, SC

3.C.1.A.2.C. SFC HERNANDEZ, ANA, LAST FOUR: 0130, VICTORY UNIVERSITY, FT JACKSON, SC.

3.C.1.A.2.D. SFC TAYLOR, JOHNNIE, LAST FOUR: 4370, VICTORY UNIVERSITY, FT JACKSON, SC.

3.C.1.A.2.E. SFC WILLIAMS, LESTER, LAST FOUR: 5035, VICTORY UNIVERSITY, FT JACKSON, SC. (SEE ENCL TO ANNEX A).

3.C.1.B. U.S. ARMY FORCES COMMAND (FORSCOM).

3.C.1.B.1 PROVIDE THE FOLLOWING SOLDIERS TO SERVE AS FACILITATORS IN SUPPORT OF THE MRT COURSE AT UPENN:

3.C.1.B.1.A. SFC MERVIN, HENRY, LAST FOUR: 0109, 259TH FSC, FORT BRAGG, NC.

3.C.1.B.1.B. SFC MORALES, JOAQUIN, LAST FOUR: 9017, 2-363RD BN 402 FA DIV WEST, MESA, AZ. (SEE ENCL TO ANNEX A).

3.C.2. DIRECTOR, ARMY NATIONAL GUARD (DARNG). PROVIDE THE FOLLOWING SOLDIER TO SERVE AS A FACILITATOR IN SUPPORT OF THE MRT COURSE AT UPENN: CPT BOUSTANY, KRISTIN, LAST FOUR: 2627, JFHQ-WISCONSIN, MADISON, WI (SEE ENCL TO ANNEX A).

3.D. COORDINATING INSTRUCTIONS.

3.D.1. COMMANDERS ARE ENCOURAGED TO SELECT MATURE, RESPONSIBLE NCOS (E6 OR ABOVE), WITH COMBAT EXPERIENCE (PREFERABLY DECORATED) IN THE SAME MANNER THEY WOULD SELECT A UNIT "MASTER GUNNER" TO SERVE AS THEIR BRIGADE LEVEL MRT, AS WELL AS THE SAME TYPE OF NCOS TO SERVE AS MRTS AS AN ADDITIONAL-DUTY AT THE BATTALION LEVEL. OFFICERS (O3-O4) ARE INVITED TO ATTEND, WITH AN EMPHASIS ON DEVELOPING OVERSIGHT AND GOVERNANCE OF A COMMAND'S MRT AND RESILIENCE PROGRAM. PARTICIPANTS REQUIRING INVITATIONAL TRAVEL ORDERS (ITO) (DEFINITION OF ITO: JFTR/JTR APPENDIX E) ARE NOT AUTHORIZED TO ATTEND THIS TRAINING.

3.D.2. COMMANDERS WILL ENSURE THAT ALL SERVICE MEMBERS ATTENDING THE

MRT COURSE IN PHILADELPHIA HAVE A VALID GOVERNMENT TRAVEL CARD OR A PERSONAL CREDIT CARD IN ORDER TO PAY UPFRONT COSTS FOR LODGING, TRANSPORTATION AND OTHER INCIDENTALS WHILE AT THE COURSE.

3.D.3. SEE ATRRS TO RESERVE SEATS FOR YOUR RESPECTIVE ALLOCATIONS FOR THIS COURSE. QUESTIONS REGARDING ALLOCATIONS SHOULD BE ADDRESSED TO MSG BRUCE KIDD, COMM: 703-602-6529, EMAIL:

BRUCE.A.KIDD@CONUS.ARMY.MIL.

3.D.4. ATTENDEES OF THE MRT COURSE MUST MEET QUALIFICATIONS AS SPECIFIED IN ATRRS. LINK TO ATRRS SCHOOL CODE 145/UPENN COURSE CSFRT (LVL 1):

([HTTPS://ATTRRS.ARMY.MIL/ATTRRSCC/COURSEINFO.ASPX?FY=2010&SCH=145&CRS=CSFMRT-C+\(LVL+1\)&CRSTITLE=MASTER+RESILIENCE+TRAINERCOURSE+LEVEL+1&PHASE=](https://attrrs.army.mil/attrrscs/courseinfo.aspx?fy=2010&sch=145&crs=CSFMRT-C+(LVL+1)&crstitle=MASTER+RESILIENCE+TRAINERCOURSE+LEVEL+1&phase=))

3.D.5. TRAVEL DAYS. ARRIVE NLT 1700 ON 19 SEPTEMBER 2010. DEPART NET 0600 HRS ON 01 OCTOBER 2010.

3.D.6. ALL STUDENTS WILL TAKE THE GLOBAL ASSESSMENT TOOL (GAT) PRIOR TO DEPARTURE FROM THEIR UNIT. THE GAT IS ACCESSIBLE AT [HTTPS://WWW.SFT.ARMY.MIL](https://www.sft.army.mil). FAILURE TO TAKE THE GAT PRIOR TO CLASS START DATE WILL PRECLUDE STUDENT ENROLLMENT INTO THE COURSE.

3.D.7. BREAKFAST AND LUNCH MEALS ARE PROVIDED TO ALL STUDENTS. REIMBURSEMENT IS AUTHORIZED FOR THE DINNER MEAL ONLY. LOCAL DEFENSE TRAVEL SYSTEM ADMINISTRATORS WILL ENSURE MRT VOUCHERS ARE IN COMPLIANCE WITH THIS ORDER.

3.D.8. UNIFORM FOR TRAINING IS: MILITARY PERSONNEL-ACU, CIVILIAN PERSONNEL-APPROPRIATE BUSINESS ATTIRE.

3.D.9. FOR MRT COURSE QUESTIONS PLEASE HAVE YOUR DESIGNATED UNIT POC BELOW CONTACT, MSG BRUCE KIDD, COMM: 703-602-6529, EMAIL:

BRUCE.A.KIDD@CONUS.ARMY.MIL or MSG RICHARD GONZALES, COMM: 703-6026541,

EMAIL: RICHARD.GONZALESJR@US.ARMY.MIL. ONLY INQUIRIES FROM THE ACOM, ASCC, AND DRU POCS WILL BE ADDRESSED.

3.D.10. MRT COURSE POCS AND QUOTA SOURCE MANAGERS MUST ENSURE TO CHECK ATRRS COURSE 145 AND 805V FOR COURSE ALLOCATIONS.

3.D.11. POC'S FOR ACOM'S, ASCC'S, DRU'S AND DARNG ARE AS FOLLOWS:

3.D.11.A. TRADOC: MR. SEAN OATMEYER, TRADOC G-3/5/7 DSN: 680-5609, COMM: 757-788-5609, OR EMAIL: SEAN.OATMEYER@US.ARMY.MIL; OR ANN BRITT TRADOC G-3/5/7 PHONE: 757-788-4375 OR EMAIL: ANN.BRITT@US.ARMY.MIL.

3.D.11.B. FORSCOM: LTC NOEL PACE, FORSCOM SURGEON'S OFFICE, PHONE: 404-464-6823 OR EMAIL NOEL.PACE@CONUS.ARMY.MIL; OR MR. OLLIE JONES, FORSCOM G-3/5/7 CENTRAL TASKINGS (REGISTRATION QUESTIONS):

OLLIE.JONES@CONUS.ARMY.MIL, PHONE: 404-464-7526; OR MS. LULA (PAT) THOMPSON, SCHOOLS REQUIREMENT SPECIALIST (FOR ENTRY INTO ATRRS): AT LULA.B.THOMPSON@US.ARMY.MIL, PHONE: 404-464-7035.

3.D.11.C. AMC: SGM MICHAEL BROWN, AMC G-1, PHONE: 703-806-8176 OR EMAIL: MICHAEL.BROWN28@US.ARMY.MIL; OR MS. LINDA HARBORTH, AMC G-1,

PHONE: 256-450-9249 OR EMAIL: LINDA.HARBORTH@US.ARMY.MIL.

3.D.11.D. USAREUR: MAJ TIMOTHY LEMLEY, USAREUR G3 PLANS, DSN: 370-4009 OR EMAIL: TIMOTHY.LEMLEY@EUR.ARMY.MIL.

3.D.11.E. USARPAC: CPT ANDREW GOEHRING, USARPAC G-3 TREX-T, PHONE: 808-438-6085 OR EMAIL ANDY.GOEHRING@SHAFTER.ARMY.MIL; LTC THOMAS BOCCARDI, USARPAC G-3/5/7, PHONE: 808-438-7400 OR EMAIL THOMAS.BOCCARDI@US.ARMY.MIL; OR MS. CORA HATA, USARPAC G-3/5/7, PHONE: 808.438.5827, OR EMAIL: CORA.HATA@US.ARMY.MIL.

3.D.11.F. USARNORTH: MS. DOROTHY M. CANNON, HQ USARNORTH, COMM: (210) 221-1285, OR EMAIL: DOT.CANNON@US.ARMY.MIL.

3.D.11.G. EUSA: SGM WAYNE E. BRYANT, PHONE: 011-307-7165, OR EMAIL: WAYN.E.BRYANT@US.ARMY.MIL OR MR. RICARDO WEST, EUSA G3 TRAINING DIV, DSN: 723-8525, EMAIL: RICARDO.WEST@KOREA.ARMY.MIL.

3.D.11.H. USASOC: MR. GREGORY SCOTT, HQUSASOC DSN: 239-8440 OR EMAIL: SCOTTG@SOC.MIL.

3.D.11.I. USASMD/ARSTRAT: MR TODD BUCKHOUSE, G3/5/7 Training, PHONE: 719 554-8414 OR EMAIL: TODD.BUCKHOUSE@US.ARMY.MIL; OR MS. JANICE B. WILLIAMS, SMDFWC DCD TRAINING DIVISION DSN: 692-4501 OR EMAIL: JANICE.B.WILLIAMS@SMD/CS.ARMY.MIL.

3.D.11.J. NETCOM/9TH SC: MS JOEY FULLER, G-3/TRAINING DIVISION, PHONE: 520-538-6333, OR EMAIL: JORETTA.FULLER@US.ARMY.MIL.

3.D.11.K. MEDCOM: MR. KENNETH RUSSELL, MEDCOM READINESS AND TRAINING, DSN: 471-8013, MEDCOM.READINESS@AMEDD.ARMY.MIL.

3.D.11.L. IMCOM: MR. HARRY WIMBROUG HQDA, IMCOM IMOP, 703-602-4401 OR EMAIL HARRY WIMBROUG@US.ARMY.MIL; OR MS. VIRNA DRUMMOND, COMM: 703325-6426 OR EMAIL: VIRNA.DRUMMOND@US.ARMY.MIL.

3.D.11.M. USARC: MS. LAURA BUTLER-PATTON, USARC G-1, LEAD (SOURCING AR PERSONNEL), WELL-BEING PROGRAM SPECIALIST, LAURA.BUTLERPATTON@USAR.ARMY.MIL, 727.563.3858.

3.D.11.N. DARNG: SFC CHRIS ANDERSON, NGB SOLDIER FAM SPT, PHONE: 703607-0934, OR EMAIL: CHRIS.ANDERSON12@US.ARMY.MIL; OR MAJ ONESIMO FRANCISCO, CSF LNO, PHONE: 703-302-9762, OR EMAIL: ONESIMO.FRANCISCO@US.ARMY.MIL.

4. (U) SERVICE SUPPORT.

4.A. FUNDING FOR ACTIVE COMPONENT SOLDIERS WILL BE PROVIDED THROUGH THE MILITARY SPECIFIC TRAINING ALLOTMENT (MSTA). SUBMIT FUNDING REQUESTS FOR RESERVE COMPONENT SOLDIERS, DA CIVILIANS AND PERSONNEL ATTENDING AS FACILITATORS (TO INCLUDE AC SOLDIERS) TO HQDA G-3/5/7, DAMO-CSF FOR CENTRAL FUNDING (TDY ONLY).

4.B. ALL SOLDIERS WILL USE ON SITE LODGING AT THE SHERATON PHILADELPHIA UNIVERSITY CITY, 3549 CHESTNUT STREET, PHILADELPHIA, PA. 19104. CALL 215-387-8000 TO MAKE A RESERVATION.

5. (U) COMMAND AND SIGNAL.

5.A. COMMAND. NO CHANGE.

5.B. THE HQDA POC FOR THIS EXORD IS LTC JAMES WISE AT COMM: 703-6026569,
DSN: 332-6569, OR EMAIL: JAMES.WISE2@US.ARMY.MIL OR, COL GLENN
BACA AT COMM: 703-602-6565, OR EMAIL: GLENN.BACA@US.ARMY.MIL.
5.C. EXPIRATION DATE CANNOT BE DETERMINED.

ACKNOWLEDGE.

GEORGE W. CASEY
GENERAL, UNITED STATES ARMY
CHIEF OF STAFF

OFFICIAL

DANIEL P. BOLGER
LIEUTENANT GENERAL, GS
DEPUTY CHIEF OF STAFF, G-3/5/7